



your

... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Huevos "Fried Eggs", Beans & Tortillas with "Mole" Sauce

In the past, Americans were advised to limit their intake of cholesterol in order to prevent and treat heart disease. As a result, experts advised Americans to limit foods, high in cholesterol, like eggs. Because eggs yolks were deemed high cholesterol foods, experts even recommended limiting the number of whole eggs to 3 or less per week. Now, however, research has proven that dietary cholesterol has very little impact on blood cholesterol levels and its intake does not increase the risk of heart disease. In fact, it is truly the excessive intake of saturated fat (animal fat) that impacts blood cholesterol levels and increases the risk of heart disease.

As a result, the Dietary Guidelines for Americans (DGA) no longer recommends that Americans limit their cholesterol intake. Instead, the DGA advises Americans to focus on saturated fat consumption and limit their intake to less than 10% of their total calories for the day. For someone that needs 2,000 calories a day, this equates to keeping the total daily intake of saturated fat below 22 grams. Choosing lean protein foods, practicing portion control, and paying attention to the level of saturated fat on the Nutrition Facts label are key habits to assure that you don't eat too much saturated fat. This means that for the average, healthy American, there is no need to limit the number of whole eggs consumed per week. Just remember one egg is about 80 calories so you can keep your daily energy intake in balance with your needs.

Eggs are considered a nutrient dense, high performance food. They can be part of building a healthy eating pattern especially when they are prepared in a manner that limits added salt and fat. In fact, eggs have been shown to reduce the risk of heart disease, so they can be viewed as a "heart healthy" food. In addition, they are an inexpensive, low calorie source of high quality protein. Because they are low in fat and calories and a good source of Omega-3 fatty acids, consider keeping some boiled eggs on hand for a quick, heart-smart, weight friendly snack.

This meal features eggs and refried beans as the two lean protein foods, and uses dark chocolate in a unique way! This meal is a great breakfast, lunch or dinner.



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Directions: Preheat oven 350°F

Serves: 4

- 1) Empty 2- 10 oz. cans of diced tomatoes with green chilies and 1- 4 oz. can of diced green chilies (drained) into a blender or food processor. Add 1/2 tsp. garlic powder, or 1 garlic clove, and 1 tsp. of chili powder (optional). Blend the mixture using the "chop" or "mix" setting until it is "slightly" chunky. This should only take about 5-10 seconds.
- 2) Spray a baking sheet with non-stick cooking spray and then place on it 4- 8 inch flour tortillas. Open a 16 oz. can of fat-free refried beans. Top each tortilla with a spoonful of beans and then spread the beans evenly. Top the beans with another flour tortilla and then finish off with another layer of beans. Place the layered tortillas in the oven for 6-8 minutes or until the bottoms begin to crisp and the beans are heated through.
- 3) While the tortillas are in the oven, heat a frying pan to medium-high heat, and spray with non-stick cooking spray. Quickly, crack 4 eggs into the pan (be careful not to break the yolks) and then quickly add 2 tbsp. of water and 2 tbsp. of the tomato mixture; cover the pan tightly to let the liquid steam the eggs. Cook until

the whites are set and the yolks are still a little runny (for about 1 minute). Gently slide the eggs onto a plate. Repeat this process to cook 4 additional eggs. (It's okay if the eggs are stuck together because they can be easily divided by cutting.)

- 4) Remove the tortillas from the oven.
- 5) In a microwave safe dish, warm the remaining tomato mixture on high for 1 minute and set aside.
- 6) In a small sauce pan, combine 1/4th cup of dark chocolate chips, ¼ cup of chicken broth, and 1/4th tsp. of chili powder. Cook on medium-low heat, stirring constantly until the chocolate is melted.
- 7) To serve, place 1 tortilla on a plate, topped with ½ cup of the tomato and green chilies sauce, and 2 eggs. Drizzle 1-2 tbsp. of the chocolate mole sauce on top of the eggs. Serve a garden salad or a bowl of fruit topped with yogurt on the side.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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